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1. Ama Dablam Expedition

2. Overview

The Ama Dablam Expedition with High Route Adventure is an exciting climbing adventure in the heart of the Himalayas. Known as the "Matterhorn of the Himalayas" for its beautiful pyramid shape, Ama Dablam is one…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1400 meter | Stay: Hotel

- Our team eagerly awaits your arrival at the airport in Kathmandu
- Drive to Thamel, hotel check-in
- Stay overnight at your hotel in Kathmandu

Traveler's note: Thamel houses most trekking shops, restaurants, hotels, and boutique handicraft shops. Here you'll find anything and everything you need for a successful summit climb up Mt Ama a Dablam!

Day 02: Sightseeing in Kathmandu and Trip Preparation

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

- Enjoy breakfast at your hotel
- Our High Route Adventure's tour guide will pick you up at the reception
- Cultural sightseeing tour in Kathmandu:
- Swayambunath Monkey Temple
- Pashupatinath Hindu Temple
- Boudhanath Buddhist Stupa
- Kathmandu Durbar Square
- After your tour, we'll drop you back at the hotel
- Before dinner we hold a detailed safety and trip briefing
- Stay overnight at your booked hotel in Kathmandu

Traveler's note: For dinner options, we recommend one of the local restaurants, a staple dish of Nepal is the traditional dumpling called MoMo, absolutely delicious. Thamel has also a lot of options for international cuisine for you to choose from. For any recommendations, we'll be happy to provide you.

Day 03: Flight to Lukla and Trek to Phakding

Altitude: 2780 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Hotel breakfast and check-out

- Shuttle to the domestic airport
- Make an exhilarating flight to Lukla airport
- After landing we meet up with our Porter team
- Final gear check
- Start the trek
- Follow the trail towards Phakding
- Descend towards the Dudh Khusi River
- Follow the River upstream
- Finally, we cross the suspension bridge and head into Phakding village
- Take dinner and stay overnight at the local guesthouse

Traveler's note: Also known as one of the most dangerous airports in the world, the landings and takeoffs from Tenzing Hillary Airport are heart-racing!

Day 04: Trek from Phakding to Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Enjoy your first Himalayan breakfast
- Start to trek
- The trail leads further along the River
- Make way to Monjo by crossing the Dudh Khosi a few times
- Make sure to check your permits at the check post
- Ascend further to Jorsalle and ultimately Namche Bazaar
- Have dinner and stay overnight at the local guesthouse

Traveler's note: The Sagarmatha National Park entry point is Monjo village, hence the permit check post! While traversing around Larja Dobhan you'll have a chance to see your first views of Mt Everest from the viewpoint!

Day 05: Acclimatization Day at Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Take breakfast in the Sherpa town of Namche Bazaar
- Today we hold our first acclimatization day:
- Hike up to the Everest View Hotel in Syanboche (first views of Ama Dablam)
- (Optional) Hike further to Khumjung, to visit the Khumjung Monastery
- Depending on the time you can further explore around Namche Bazaar
- Have dinner and stay overnight at the local guesthouse

Traveler's note: Did you know that Namche Bazaar from a distance looks like a horseshoe? Here you can find many restaurants, pharmacies, and even luxury resorts! If you're here on a Saturday, don't miss to visit Namche Saturday Market

Day 06: Trek from Namche Bazaar to Phortse

Altitude: 3850 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Enjoy breakfast at the guesthouse
- Start to trek

- Retrace yesterday's steps toward Khumjung
- Head north to Phortse Thanga
- Cross the Dudh Khosi Nadi River
- Continue now to the east until Phortse village
- Dinner and overnight stay at the guesthouse

Traveler's note: Also used to trek towards the Lakes of Gokyo in the western region of Everest Phortse also serves as a crossroad for trekkers.

Day 07: Trek from Phortse to Dingboche

Altitude: 4350 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Enjoy your breakfast at the guesthouse
- Start to trek
- Take the trail east to Pangboche
- More eastwards the trail leads towards Somare
- Cross the Imja River to Debuche
- Head on to Dingboche
- Take dinner and stay overnight at the guesthouse

Traveler's note: While entering the Imja Valley today it is common to see lots of yak herds. The next day we have our second acclimatization day.

Day 08: Acclimatization Day at Dingboche with Hike to Chukung Ri

Altitude: 4350 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Enjoy your breakfast at the guesthouse
- 2nd Acclimatization day
- Day hike up to Chukung Ri
- Enjoy incredible views of Ama Dablam, Lhotse, & Makalu
- Hike back to Dingboche
- Have dinner and stay overnight at the same guesthouse

Traveler's note: Did you know that from tomorrow we veer off the Everest Base Camp trail, and head east towards the foot of Mt Ama Dablam? It officially marks the last day of trekking and the start of the expedition. The views from Chukung Ri are incredible, on clear days you get to see a great part of the entire Everest region's mountain peaks such as Island Peak, Nuptse, etc!

Day 09: Trek from Dingboche to Ama Dablam Base Camp

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent

- Take breakfast at the guesthouse
- Start the trek by heading back south towards Somare
- From here we go further south to Pangboche
- Here we hold a final gear and supply check before heading east
- The trail follows the Cholulungche Khola River
- Head north on the path leading up to Ama Dablam Base Camp
- Settle in at our High Route Adventure Camp

- Depending on the time we'll hold a climbing class as well
- Dinner and overnight stay at Ama Dablam Base Camp

Traveler's note: Pay good attention during the climbing class, the next day we'll hold a practice climb towards the Advance Base Camp and back. Take a good rest as tomorrow you'll set your first steps on the massif Mt Ama Dablam!

Day 10: Acclimatization Climb to Advanced Base Camp and Return to Base Camp

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent

- Enjoy your first camp breakfast at the foot of Mt Ama Dablam
- Climbing training
- Head towards Advance Base Camp
- Navigate crevasses, some steep sections, and rocky outcrops
- Take a rest at Advance Base Camp
- Climb back down to Base Camp
- Have dinner and stay overnight at Base Camp

Traveler's note: Today's section is more about acclimatization and getting a feel for the route and technical sections. Take your time with today's climb and take in the view as you ascend higher up the mountain.

Day 11: Rest Day at Base Camp with Pre-Climbing Training

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent

- Enjoy breakfast at Base Camp
- Today we rest and hold a few practice climbs to Advance Camp and back down
- We'll also go over safety protocols, ice pick climbing and rope techniques
- Dinner and overnight stay at Base Camp

Traveler's note: Our expert High Route Adventure climbing team takes the day to teach you invaluable techniques, pay attention as these can greatly help you overcome the obstacles lying in wait as we try to reach further up the mountain! During this day our team will also set up camp in Advance Base Camp anticipating your arrival.

Day 12: Climb Back to Advanced Base Camp

Altitude: 5400 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Enjoy breakfast at Base Camp
- Follow the pre-practiced route up to Advance Base Camp
- Dinner and overnight stay at the camp

Day 13: Climb from Advanced Base Camp to Camp I

Altitude: 5700 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Breakfast at Advance Base Camp
- Climb up to Camp I
- Use the newly learned climbing techniques to cross the Yellow Tower section

- Navigate further up until reaching our pre-set tents
- Dinner and overnight stay at Camp I

Day 14: Practice Climb to Camp II and Return to Camp I

Altitude: 5700 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Breakfast at Camp I
- Today we practice the climb to Camp II and head back to Camp I
- During this day's climb you'll have to pass 2 sections:
- The Grey Tower
- The Mushroom Bridge
- Once reaching Camp II we take a rest
- Climb back down to Camp I
- Dinner and overnight stay back at Camp I

Day 15: Descend from Camp I to Ama Dablam Base Camp

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Breakfast at Camp I
- Retrace your climbing steps back to Base Camp
- The rest of the day is free
- Dinner and overnight stay back at Ama Dablam Base Camp

Day 16: Climb from Ama Dablam Base Camp to Camp I

Altitude: 5700 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Breakfast at Base Camp
- Make your way back to Camp I
- Having done this part multiple times makes it easier to reach back
- Dinner and overnight stay at Camp I

Day 17: Climb from Camp II to Camp III

Altitude: 6480 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Breakfast at Camp I
- Head for Camp II by traversing the climbing sections again
- Break and lunch
- Climb further to Camp III below the summit
- Dinner and overnight stay at Camp III

Day 18: Summit Ama Dablam and Return to Camp III

Altitude: 6480 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Early breakfast at Camp III
- Today is the big day
- Start the climb at sunrise
- Traverse the technical parts
- Make your way along the ropes over the icy surface
- Reach the summit of Ama Dablam Base Camp
- Take in the 360° views from the top of the mountain
- Climb back down to Camp III
- Dinner and overnight stay back at Camp III

Day 19: Descend from Camp III to Ama Dablam Base Camp

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- Breakfast at Camp III
- Descend back to Camp II, and Camp I
- Rest for lunch
- Enjoy some of the last views as you descend the mountain
- Reach back at Base Camp
- A small party to celebrate your successful summit climb
- Dinner and last overnight stay at Ama Dablam Base Camp

Day 20: Reserve Day for Weather and Delays

Altitude: 4600 meter | Meals: Breakfast/Lunch/Dinner | Stay: Tent Camp

- This day is reserved as a contingency in case of bad weather or unforeseen delays

Day 21: Trek from Ama Dablam Base Camp to Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Enjoy your last breakfast at Ama Dablam Base Camp
- Today we trek back to Dingboche
- From here we head back on the EBC trail
- Exit the Imja Valley and follow the trail back
- Retrace your steps back via Tengboche
- Continue on the trail until reaching back at the Sherpa village
- Have dinner and stay overnight at Namche Bazaar

Day 22: Trek from Namche Bazaar to Lukla

Altitude: 2860 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

- Have breakfast at the guesthouse
- Head back down in to the tree line via Jorsalle
- Continue descending back to Monjo

- Follow the trail back to Phakding along the Dudh Khosi River
- Make your way further downstream then ascend back up to Lukla
- Dinner and overnight stay at Lukla

Day 23: Flight from Lukla to Kathmandu

Altitude: 1400 meter | Meals: Breakfast | Stay: Hotel

- Breakfast at the guesthouse
- Short scenic flight back to Kathmandu
- Pick up by our team at the airport
- Transfer back to your booked hotel in Kathmandu
- Enjoy a special and complimentary farewell dinner
- Overnight stay at your hotel

Day 24: Contingency Day in Kathmandu

Altitude: 1400 meter | Meals: Breakfast/Dinner | Stay: Hotel

- This day is reserved as a contingency in case of bad weather

Day 25: Transfer to Tribhuvan International Airport for Final Departure

Altitude: 1400 meter | Meals: Breakfast

- Hotel Breakfast + Check-out
- Our team will transfer you to the airport approx. 3hrs before departure
- We hope you enjoyed the Ama Dablam Expedition and look forward to organizing another trip for you

5. Cost Includes

Airport Pick-up & Drop Services:

- International Airport arrival pick-up
- International Airport drop-off on your final departure day
- Domestic Airport drop-off from the hotel
- Domestic Airport pick-up & transfer to the hotel
- If your Ama Dablam expedition starts from Ramechhap Airport instead of Kathmandu Airport, transportation between Kathmandu and Ramechhap will be arranged via shared vehicle.

Accommodation & Food Services

- Four nights in Kathmandu in a 3-star category hotel (Twin Sharing)
- Best available local lodge/ teahouse during the trek (Twin Sharing)
- Tented camp during the climb (Above Base Camp)

- All standard meals [Breakfast, Lunch, and Dinner] throughout the trek and climb
- Available seasonal fruits throughout the trek/climb
- Breakfast in Kathmandu
- Welcome and farewell dinner at one of the finest Nepalese Restaurants with traditional ethnic music and Cultural Performance

Permit & Taxes

- Sagarmatha National Park Permit
- Local Government Entry Permit
- Mt Ama Dablam Expedition Climbing Permit
- All other government, local taxes, and official expenses

Domestic Flights

- Kathmandu to Lukla flight ticket(round ticket)
- Ramechhap To Lukla Flight Ticket (Round ticket)

Guide & Porter Services

- English- speaking government- licensed Trekking & Climbing guide
- Local Sherpa for carrying Luggage (up to 25 kg Max)
- All Meals for the guide, porter & All Staff for the trekking & climbing period
- Insurances for guide & porter All Staff for the trekking & climbing period
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Other Services

- Surface transportation will only be included during the trekking and in major cities for members, per the scheduled itinerary.
- Clean, nutritious, and fresh food at the advanced base camp and camp two in the Amadblam Expedition. We provide you with nutrition, high-altitude package food, essential EPI cooking gas, stoves, and warm pocket food above the advanced base camp of the Aama Dablam Expedition.
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Rope rope-fixing team of experienced Sherpas will fix the rope and the route.
- Good quality tents and kitchen utensils for camping during your Climbing period
- 1-hour trekker's massage / Yoga Retreat after the trip completion.
- High Route Adventure's duffel bag, t-shirt, and trekking map.
- Climbing certificate issued by HRA, MoCTCA, and NTB (after climbing successfully).
- Weather forecast report during the entire expedition.
- If you need any assistance with departure information, flight ticket reconfirmation, or Visa extension procedure services, HRA fully supports you without any charges.

6. Cost Excludes

- Cost for additional trips.
- The cost incurred during the tour around the city.

- Extra hot showers, wifi & battery charging on a trek, and Climbing Period
- Extra porter charge
- Meals in the city except for breakfast and other mentioned special dinners.
- Nepal arrival visa.
- Personal trekking & climbing equipment items
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, Extra porter, etc.)
- Any extra expenses arising out of various/ unforeseen situations like natural disasters, landslides, political disturbances, strikes, or changes in government regulations costs are not included in the package cost.
- Summit Bonus for USD 800/- for each climbing guide, and your approbation to Guide, Herpas, and crew Members.
- Travel insurance covers emergency rescue and evacuation.

7. Equipment / Packing List

Bring the right gear for a safe, comfortable, and successful climb. This checklist covers the essential equipment you'll need from Base Camp to the Ama Dablam summit.

? Clothing

Base Layers

- 2–3 moisture-wicking thermal tops (synthetic or merino wool)
- 2 thermal bottoms

Mid Layers

- 1 lightweight fleece or softshell jacket
- 1 insulated down or synthetic jacket
- 1 insulated pant or fleece pant

Outer Layers

- Waterproof jacket with hood (Gore-Tex or equivalent)
- Waterproof over-pants (full-zip preferred)

High-Altitude Gear

- Expedition down jacket (rated to -20°C or lower)
- Down suit or heavy insulated down trousers

? Footwear

- Insulated double mountaineering boots (e.g., La Sportiva or Scarpa)
- Several pairs of liner socks
- 2–3 pairs of thick wool or mountaineering socks
- Camp shoes or sandals
- Gaiters

? Gloves

- Lightweight liner gloves

- Insulated climbing gloves
- Heavy-duty down or synthetic mittens

? Head & Eye Protection

- Warm beanie
- Buff or neck gaiter
- UV-protection sunglasses (Category 3 or 4)
- Glacier goggles
- Climbing helmet
- Headlamp with spare batteries

?? Technical Climbing Gear

- Climbing harness
- Ice axe
- Crampons
- Ascender (Jumar)
- Belay/rappel device (ATC or similar)
- 2 locking carabiners
- 2 non-locking carabiners
- Prusik cords or personal anchor system
- Slings (60 cm and 120 cm)

? Bags

- 60–75L expedition backpack
- 30–40L daypack or summit pack
- 80–100L duffel bag
- Waterproof stuff sacks or dry bags

?? Sleeping Gear

- Sleeping bag rated to -20°C to -30°C
- Sleeping bag liner
- Inflatable sleeping pad
- Foam sleeping mat

?? Personal Items

- Two 1-liter water bottles or hydration system
- Insulated flask
- Energy bars and snacks
- Lightweight towel
- Sunscreen (SPF 50+)
- Lip balm
- Toiletries
- Hand sanitizer
- Pee bottle (optional)

? Medical Kit

- Personal first-aid kit
- Diamox (only with your doctor's advice)
- Water purification tablets or filter
- Blister treatment supplies

? Documents & Electronics

- Passport and photocopies
- Expedition permit copies
- Cash (small denominations)
- Power bank and charging cables
- Camera or GoPro (optional)
- Journal, book, or playing cards

Important Tips

- Test all your gear before the expedition.
- Pack light but don't compromise on warmth or safety.

Note: If you don't own all the required climbing gear, you can rent most equipment in Kathmandu before the expedition.